



**Department of
Early Education and Care**
THE COMMONWEALTH OF MASSACHUSETTS

Family, Small Group, Large Group and School Age Child Care Licensing

POLICY STATEMENT: First Aid and CPR Approval

The Department of Early Education and Care (EEC) recognizes the vital importance of child care program staff being trained in the basics of First Aid and CPR and requires that staff receive appropriate training.

For Family Child Care, *see* 606 CMR 7.09(15)(e) In-service Training. *All licensees, certified assistants, and any educator who may be alone with children must maintain current certification of training in basic first aid and CPR in accordance with EEC policy.*

For Small and Large Group and School Age Child Care, *see* 606 CMR 7.09(17)(d) First Aid Training. *All educators must obtain within six months of employment, and must maintain thereafter current certification of training in basic first aid appropriate to the population served.*

For all programs, *see* 606 CMR 7.11(1)(a) First Aid and CPR. *1. The licensee must ensure that at least one educator currently certified in first aid and age-appropriate cardiopulmonary resuscitation (CPR) is present at any and all times when children are in care. 2. CPR training must be renewed annually. 3. Only educators who are currently certified in first aid and CPR may provide first aid and CPR.*

Family, Small and Large Group and School Age child care programs must ensure that their staff receives First Aid and CPR training that is consistent with EEC guidelines. If a program selects a First Aid or CPR training course that does not meet EEC requirements, the program will be cited for having invalid First Aid or CPR training and program staff will be required to repeat the necessary training by attending an appropriate course.

CPR Training Requirements

According to the American Heart Association fewer than 8 percent of people who suffer cardiac arrest outside the hospital survive. Effective CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival. Conversely, failure to act can lead to unnecessary deaths. *For adults*, Hands-Only CPR (CPR with just chest compressions, no rescue breathing) has been proven to be as effective as CPR with rescue breathing in treating cardiac

arrest. In addition, the use of an automated external defibrillator (AED) by a trained individual can be a valuable component in providing emergency treatment to an individual suffering cardiac arrest. The AED is a very accurate, easy to use, computerized medical device that can check a person's heart rhythm, recognize a rhythm that requires a shock, and advise the rescuer when a shock is needed. With a few hours of training¹, anyone can learn to operate an AED safely.

However, unlike adults, infants and children who stop breathing are generally **not** having heart attacks. Most often, a respiratory problem (like choking) has lead to their unconscious state. For this reason it is necessary to perform traditional CPR (CPR with breaths and compressions) on children to optimize their survival.

- CPR training must be renewed annually regardless of the expiration date listed on the document certifying completion of the training. Please note: This requirement is based on national studies that have shown that knowledge retention of the technique learned during CPR training is low because CPR is either used infrequently or not at all.
- CPR training must be provided by an instructor who holds a current certificate as a CPR Trainer.
- Appropriate CPR training courses for staff of EEC licensed programs must address choking and rescue breathing, must include the use of mannequins, must maintain an appropriate mannequin to student ratio, must be appropriate for the ages of the children in care, and must include a requirement that the participant demonstrate CPR technique.
- On-line CPR training may be taken as long as the participant is required as part of the on-line training to demonstrate and successfully complete CPR techniques to a certified instructor.

First Aid Training Requirements

- First Aid training must be renewed by the expiration date listed on the document certifying completion of the training or at least every three years, *whichever comes first*.
- For Large Group and School Age Child Care, the program's Health Care Consultant must approve all First Aid courses taken by the staff.
- First Aid Instructors must be currently certified as an instructor by one of the following organizations:²
 - American Heart Association;
 - American Red Cross;
 - National Safety Council;
 - Medic First Aid Pediatric CPR (inclusive);

¹ Some American Heart Association CPR Courses include AED training.

² Certification as an instructor is required regardless of previous or current medical training or credentials.

- American Safety and Health Institute;
- Massachusetts Firefighting Academy;
- Massachusetts Civil Defense Academy; or
- Emergency Medical Instructor/Coordinator Training Course of Department of Public Health;
- EMS Safety Services, Inc.
- Appropriate First Aid training courses for staff of EEC licensed programs must include a standardized written test (which may be given orally when necessary), and may include a requirement for the participant to demonstrate first aid techniques.
- On-line First Aid training may be taken as long as the participant is required as part of the on-line training to demonstrate and successfully complete first aid techniques to a certified instructor.
- Approved First Aid training courses must address the following topics:

1. Acute Injuries and Illness

- Seizures
- Head/Neck Injuries (including injuries of the face, mouth, eye and ear)
- Allergic Reactions
- Poisoning
- Burns (including heat, chemical, and electric)
- Human and Animal Bites
- Bleeding Control
- Bone and Muscle Injuries
- Shock
- Sudden or Serious Illness (including fever, diarrhea, and vomiting)
- Universal Precautions

2. Emergency Action Principles

- Primary survey (including assessing the scene and child for life-threatening injuries)
- Contacting Emergency Medical Services
- Secondary survey (looking for other injuries)
- Administering necessary first aid

3. General Injury Prevention and Safety Information

NOTE: EEC no longer maintains an approved list of individual First Aid and CPR trainers.